

First Aid Kit

Assemble a first aid kit for your home:

Supply of prescription and other necessary medications;

First aid instruction book;

Medical-grade vinyl gloves;

Poison ivy relief cream;

Burn relief cream;

Sunscreen, SPF of 30 or greater;

Antibiotic ointment, Polysporin® or similar;

Sting relief lotion or ointment, calamine or similar;

Box of sterile gauze pads, either 3" x 3" or 4" x 4";

Abdominal (ABD) or combine sterile pad, 5" x 9";

Rolled gauze of 2 sizes, 2" x 4 yards and 4" x 4 yards;

Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive;

Sterile oval eye pad;

Small sharp scissors;

Tweezers with pointed tip;

Thermometers, oral and rectal (for babies);

Elastic bandage, 3" x 6";

Instant ice pack;

Roll of adhesive tape, 1" wide, may use plastic type if preferred;

Triangular bandages, 2;

Package of safety pins, assorted sizes;

Absorbent cotton balls, 1 box;

Diarrhea remedy, Pepto-Bismol® or Kaopectate® or similar;

Popsicle® (craft) sticks or finger splints;

Antibacterial soap, liquid or bar;

Medicine dropper;

Sharp knife or multipurpose knife/tool;

Bottles of aspirin, ibuprofen, and acetaminophen (children's or liquid if needed);

Splint materials: thin boards 2-3' long;

Cough syrup and throat lozenges;

Large plastic trash bag and several smaller, zip-closure bags.

First aid kit for car(s):

(20) adhesive bandages, various sizes.

(1) 5" x 9" sterile dressing.

(1) conforming roller gauze bandage.

(2) triangular bandages.

(2) 3 x 3 sterile gauze pads.

(2) 4 x 4 sterile gauze pads.

(1) roll 3" cohesive bandage.

(2) germicidal hand wipes or waterless alcohol-based hand sanitizer.

(6) antiseptic wipes.

(2) pair large medical grade non-latex gloves.

Adhesive tape, 2" width.

Anti-bacterial ointment.

Cold pack.

Scissors (small, personal).

Tweezers.

CPR breathing barrier, such as a face shield.

Non-Prescription Drugs

Aspirin or nonaspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Special Items & Prescription Medicine

Remember family members with special requirements, such as infants and elderly or disabled persons.

For Baby

Formula

Diapers

Bottles

Powdered milk

Medications

For Adults

Heart and high blood pressure medication

Insulin

Prescription drugs

Denture needs

Contact lenses and supplies

Extra eye glasses